

EPILEPSY

Is it what you think?

WHAT IS EPILEPSY?

Epilepsy is a neurological disorder which causes sudden electrical discharges in the brain resulting in seizures which can vary in type and intensity from person to person.

WHO GETS EPILEPSY?

Epilepsy can happen to anyone, regardless of age, race, gender, or economic status. Approximately 2% of the population has epilepsy or a seizure disorder – that's as many as 248,000 people in Ontario.

HOW DOES IT HAPPEN?

In most cases there is no identifiable cause for seizures. However, some known causes are head injury, birth trauma, some drugs and poisons, brain tumor and stroke.

DOES IT HURT?

Most people are not conscious when a seizure occurs, so they generally do not feel anything.

THINK YOU'VE HAD A SEIZURE?

Talk to your doctor; let him/her know what happened, how and when it happened. S/he may refer you to a neurologist for further tests.

WHAT CAN I DO TO HELP?

Volunteer opportunities are always available at Epilepsy Ontario and at local epilepsy chapters throughout the province, at every skill level.

Epilepsy Ontario
308 — 1 Promenade Circle
Thornhill, ON, L4J 4P8
1-800-463-1119
info@epilepsyontario.org
www.epilepsyontario.org



EPILEPSY

Is it what you think?

WHAT IS EPILEPSY?

Epilepsy is a neurological disorder which causes sudden electrical discharges in the brain resulting in seizures which can vary in type and intensity from person to person.

WHO GETS EPILEPSY?

Epilepsy can happen to anyone, regardless of age, race, gender, or economic status. Approximately 2% of the population has epilepsy or a seizure disorder – that's as many as 248,000 people in Ontario.

HOW DOES IT HAPPEN?

In most cases there is no identifiable cause for seizures. However, some known causes are head injury, birth trauma, some drugs and poisons, brain tumor and stroke.

DOES IT HURT?

Most people are not conscious when a seizure occurs, so they generally do not feel anything.

THINK YOU'VE HAD A SEIZURE?

Talk to your doctor; let him/her know what happened, how and when it happened. S/he may refer you to a neurologist for further tests.

WHAT CAN I DO TO HELP?

Volunteer opportunities are always available at Epilepsy Ontario and at local epilepsy chapters throughout the province, at every skill level.

Epilepsy Ontario
308 — 1 Promenade Circle
Thornhill, ON, L4J 4P8
1-800-463-1119
info@epilepsyontario.org
www.epilepsyontario.org



EPILEPSY

Is it what you think?

WHAT IS EPILEPSY?

Epilepsy is a neurological disorder which causes sudden electrical discharges in the brain resulting in seizures which can vary in type and intensity from person to person.

WHO GETS EPILEPSY?

Epilepsy can happen to anyone, regardless of age, race, gender, or economic status. Approximately 2% of the population has epilepsy or a seizure disorder – that's as many as 248,000 people in Ontario.

HOW DOES IT HAPPEN?

In most cases there is no identifiable cause for seizures. However, some known causes are head injury, birth trauma, some drugs and poisons, brain tumor and stroke.

DOES IT HURT?

Most people are not conscious when a seizure occurs, so they generally do not feel anything.

THINK YOU'VE HAD A SEIZURE?

Talk to your doctor; let him/her know what happened, how and when it happened. S/he may refer you to a neurologist for further tests.

WHAT CAN I DO TO HELP?

Volunteer opportunities are always available at Epilepsy Ontario and at local epilepsy chapters throughout the province, at every skill level.

Epilepsy Ontario
308 — 1 Promenade Circle
Thornhill, ON, L4J 4P8
1-800-463-1119
info@epilepsyontario.org
www.epilepsyontario.org



First Aid for Seizures

Protect the person from harm until awareness returns.

- 1** **KEEP CALM**
Seizures usually only last a few minutes and do not require medical attention. The person having the seizure is likely unaware of his/her actions and may or may not hear you.
- 2** **PROTECT FROM INJURY**
Ease the person on to the floor, move away any hard, sharp or hot objects. Protect the person's head and body from injury, with a pillow or rolled up coat. Loosen any tight neckwear, like scarves or ties.
- 3** **DO NOT RESTRAIN THE PERSON**
- 4** **DO NOT INSERT ANYTHING INTO THE PERSON'S MOUTH**
- 5** **ROLL THE PERSON ON THEIR SIDE AFTER THE SEIZURE SUBSIDES**
This ensures an open air passage.
- 6** **BE REASSURING**
Talk calmly to the person and assist in reorienting the person.

If a seizure lasts longer than 5 minutes, or repeats without full recovery, seek medical assistance immediately.

First Aid for Seizures

Protect the person from harm until awareness returns.

- 1** **KEEP CALM**
Seizures usually only last a few minutes and do not require medical attention. The person having the seizure is likely unaware of his/her actions and may or may not hear you.
- 2** **PROTECT FROM INJURY**
Ease the person on to the floor, move away any hard, sharp or hot objects. Protect the person's head and body from injury, with a pillow or rolled up coat. Loosen any tight neckwear, like scarves or ties.
- 3** **DO NOT RESTRAIN THE PERSON**
- 4** **DO NOT INSERT ANYTHING INTO THE PERSON'S MOUTH**
- 5** **ROLL THE PERSON ON THEIR SIDE AFTER THE SEIZURE SUBSIDES**
This ensures an open air passage.
- 6** **BE REASSURING**
Talk calmly to the person and assist in reorienting the person.

If a seizure lasts longer than 5 minutes, or repeats without full recovery, seek medical assistance immediately.

First Aid for Seizures

Protect the person from harm until awareness returns.

- 1** **KEEP CALM**
Seizures usually only last a few minutes and do not require medical attention. The person having the seizure is likely unaware of his/her actions and may or may not hear you.
- 2** **PROTECT FROM INJURY**
Ease the person on to the floor, move away any hard, sharp or hot objects. Protect the person's head and body from injury, with a pillow or rolled up coat. Loosen any tight neckwear, like scarves or ties.
- 3** **DO NOT RESTRAIN THE PERSON**
- 4** **DO NOT INSERT ANYTHING INTO THE PERSON'S MOUTH**
- 5** **ROLL THE PERSON ON THEIR SIDE AFTER THE SEIZURE SUBSIDES**
This ensures an open air passage.
- 6** **BE REASSURING**
Talk calmly to the person and assist in reorienting the person.

If a seizure lasts longer than 5 minutes, or repeats without full recovery, seek medical assistance immediately.